

Adverse Childhood Experience ACES

Dr. Vincent J. Felitti, MD
Kaiser Permanente Medical Care Unit
Dr. Robert Anda, MD
Center for Disease Control (CDC)
Presentation by Thomas Jordan
Lake County Children's Council
August 16, 2013

Summary Findings on ACEs

- vastly more common than ever recognized
- have a powerful relation to adult health a half century later

Demographics of Research Participants

- Residents: 17,000 from San Diego, CA
- Mean Age: 56 years (range 19 – 92)
- Gender: Female – 52.1%
Male – 47.9%
- Major Ethnic Group: White – 79.4%
- Education: 43% college graduates
6% did NOT graduate H.S.

ACES Personal Abuse

- Physical
- Sexual
- Psychological
 - Emotional Neglect
 - Catastrophic Experience
 - Abandonment

ACES Family Dysfunction

- Substance Abuse
- Mental Illness
- Domestic Violence
- Member of Household Imprisoned

Health Behavior Risk Factors

- Overeating (obesity)
- Smoking
- Drinking
- Drug Use
- Attempted Suicide
- Sexual Promiscuity (50+ partners)

Adverse Childhood Experiences Score

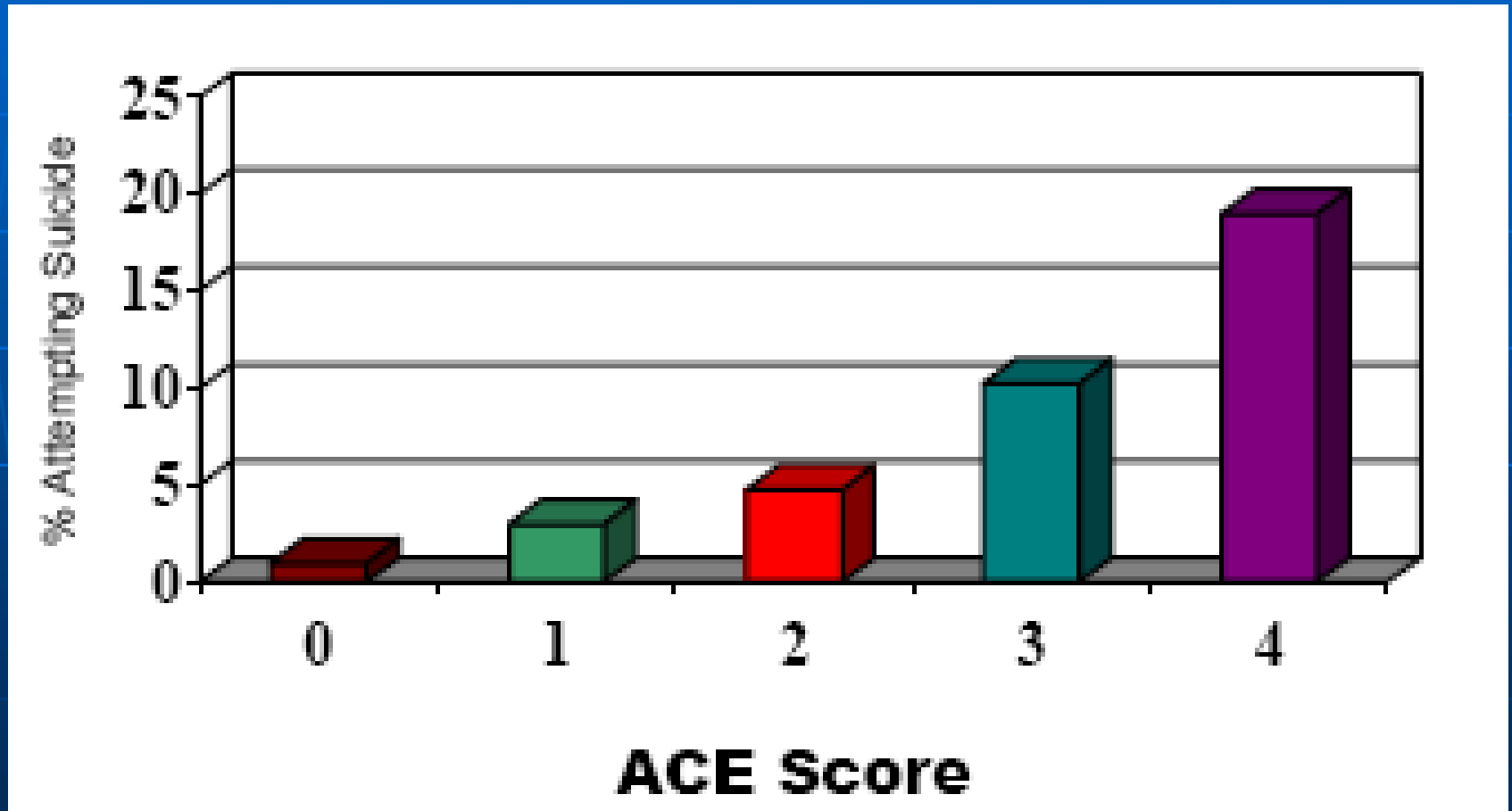
Number of categories (not events) is summed...

<i>ACE Score</i>	<i>Prevalence</i>
0	33%
1	25%
2	15%
3	10%
4	6%
5 or more	11%*

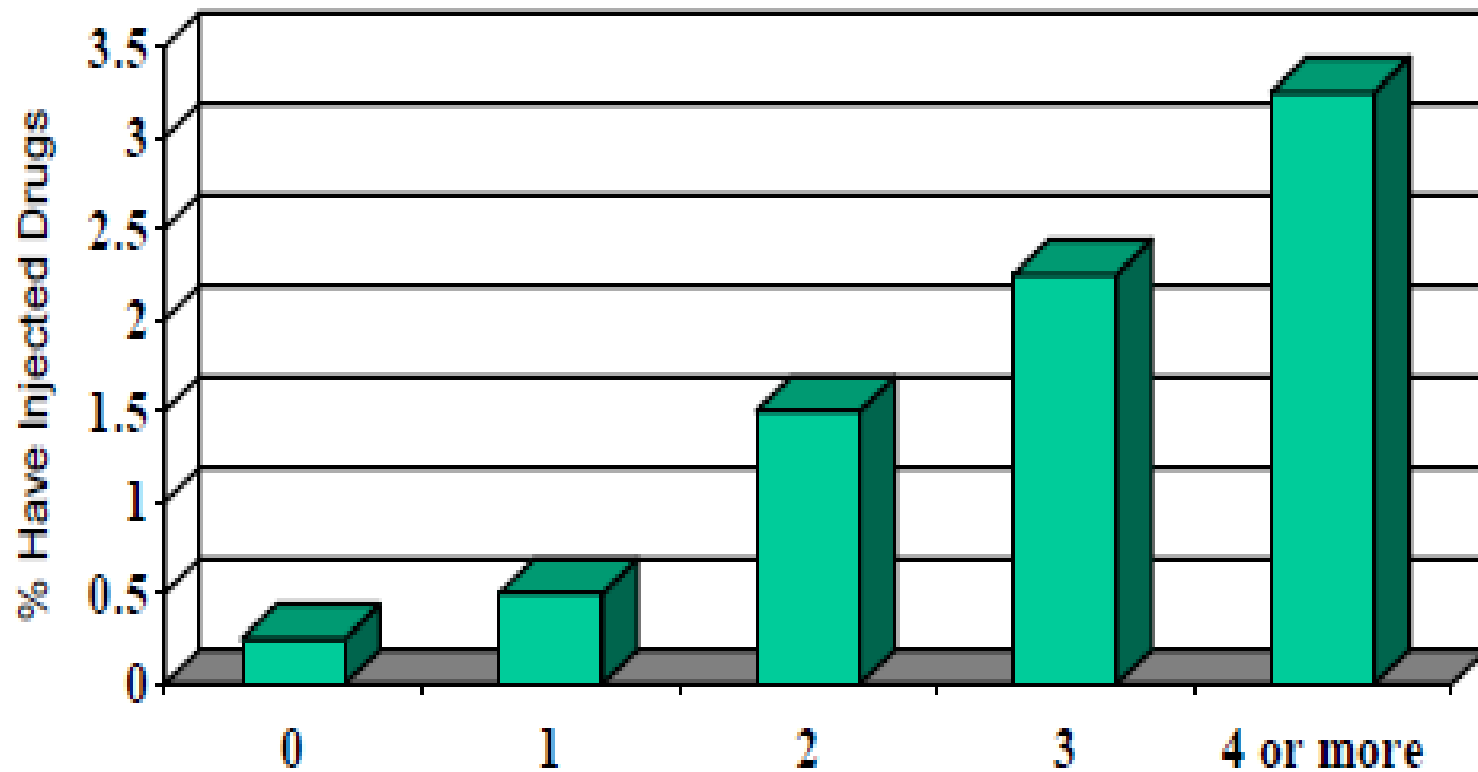


- Two out of three experienced at least one *category* of ACE.
- If any one ACE is present, there is an 87% chance *at least one* other category of ACE is present.
- * Women are 50% more likely than men to have a Score >5.

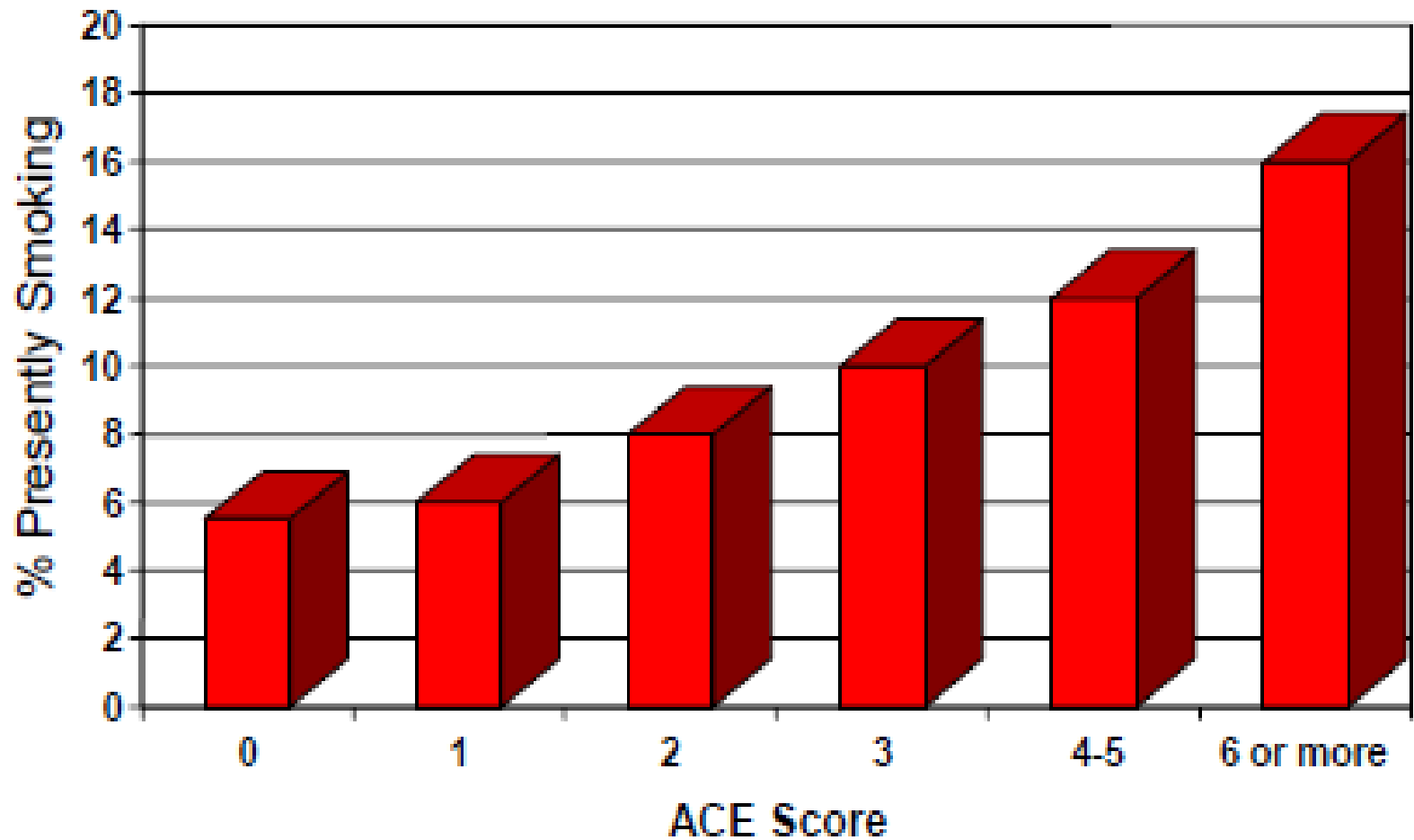
ACE Score vs. Attempted Suicide



ACE Score vs. Intravenous Drug Use



ACE Score vs. Smoking



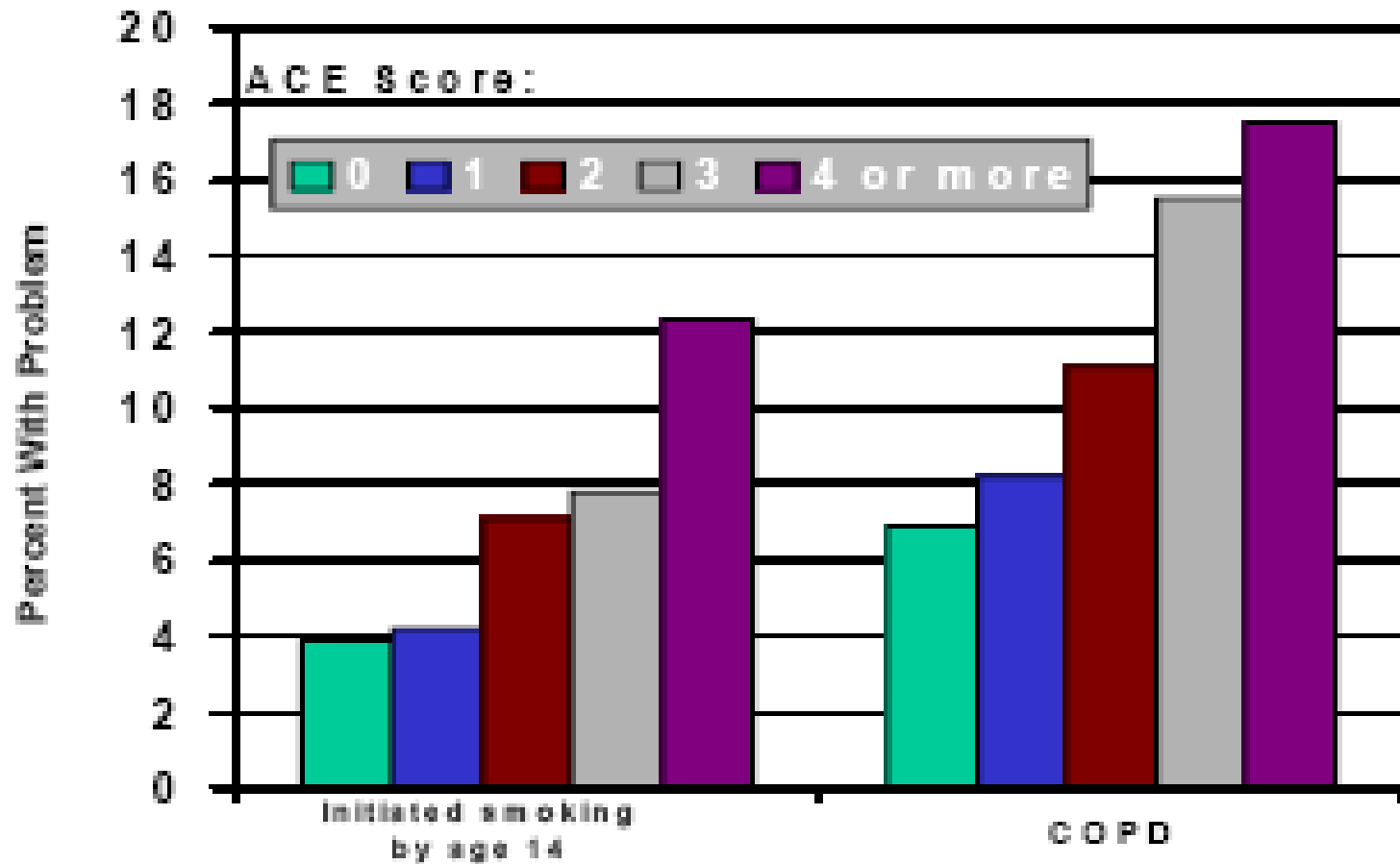
4 or more ACEs

- 1220% more likely to attempt suicide
- 1030% more likely to be I.V. drug users
- 740% more likely to be alcoholics
- 460% more likely to suffer depression
- 220% more likely to smoke
- 160% more likely to be severely obese

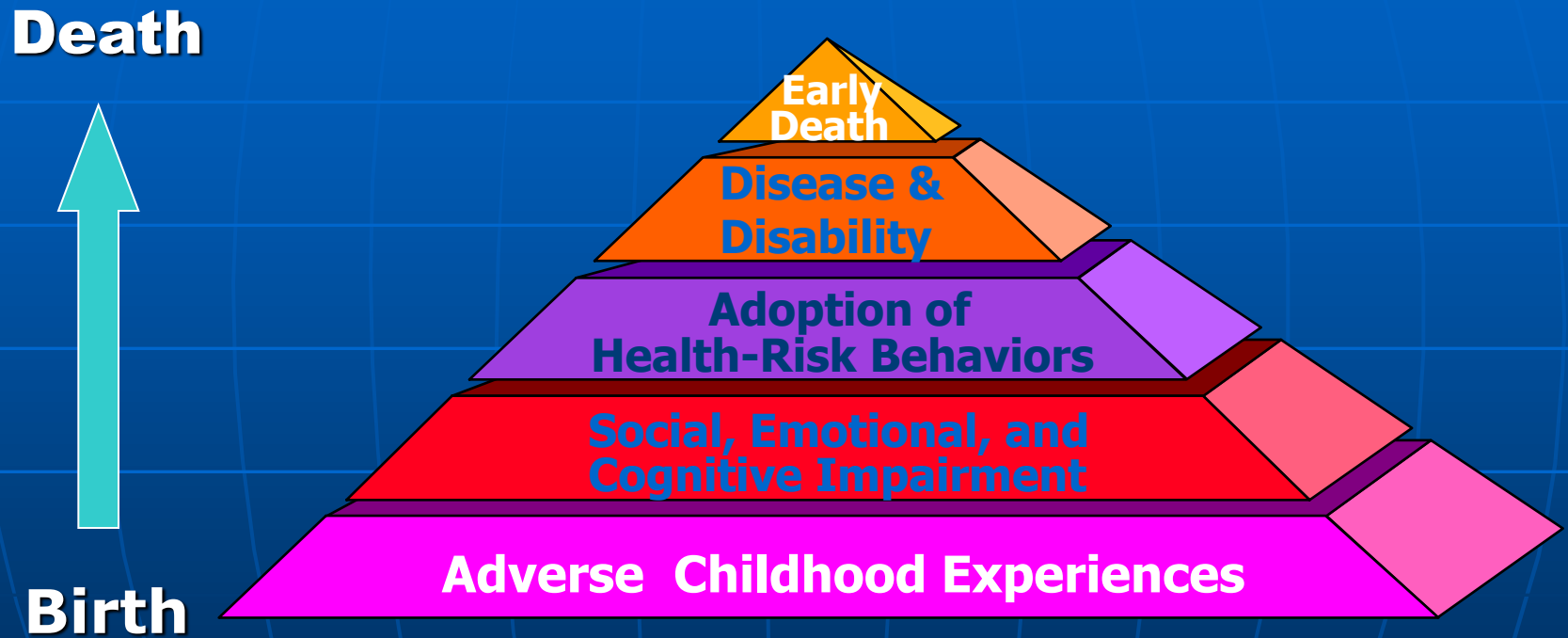
Resultant Organic Diseases

- Heart Disease
- Cancer
- Stroke
- Chronic Bronchitis/Emphysema
- Diabetes
- Skeletal Fracture
- Hepatitis
- Self-rated Fair or Poor Health

ACE Score vs. COPD



The True Nature of Preventive Medicine



**Mechanisms By Which
Adverse Childhood Experiences
Influence Adult Health Status**

What Now

- Complete the ACE self-assessment questionnaire
- If you have an ACE
 - Ask: "How Did It Affect My Later Life?"
 - Confide in Someone
- Be Open and Supportive if Someone Confides in You

- “The past is never dead.
- It’s not even the past.”

William Faulkner